Dear Macgregor Community,

Thank you for such a warm welcome back to Macgregor Primary School. I’ve been blown away by the number of staff, parents and students who have been congratulating me on the birth of our baby boy Jack William Shaddock. He is a wonderful addition to our family and I thank you all for your well wishes.

Glen Wriggley arrives on planet Macgregor and meets a party of three aliens. He asks the aliens to which culture they belong.

The first one murmurs something that is too soft for Glen Wriggley to hear. The second alien replies, “It said it was a Shadwock”. The third alien says to the second, “You are a liar!” From this information, figure out what culture the third alien belongs to.

Ways of Managing Stress (Theresa Borchard)

Simplify and Prioritise - Cut your to-do list in half. How? Ask yourself what’s most important and neglect the things that matter least.

Exercise - relieves stress in several ways. First, cardiovascular workouts stimulate brain chemicals that foster growth of nerve cells. Second, exercise increases the activity of serotonin and/or nor-epinephrine. Third, a raised heart rate releases endorphins and a hormone known as ANP, which reduces pain, induces euphoria, and helps control the brain’s response to stress and anxiety.

Laugh - Just as chronic and severe stress can damage organic systems in our body, humour can heal.

Sleep - Everything breaks down when you don’t sleep well. Any sleep disturbance will diminish mental performance.

Learn how to recharge - Know your rechargers and do them routinely.

I look forward to seeing you around the school.

Bye for now,

Chris Shaddock
Deputy Principal

End of May means
HATS OFF
for ALL
Canberra schools.
News from the Rockets
From little things, big things grow!

This term preschool is learning about the environment and the effect our actions can have. The Rockets have read and watched The Lorax by Dr Seuss. They compared the ‘dirty environment’ where everything was dead, with the colourful ‘healthy environment’. As a class they decided they’d much rather live in an environment that has clean air, lots of trees, fresh water and fruit for the animals to eat.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”
Dr Seuss, The Lorax

When asked about the special message told to us by The Lorax the children responded with;
• “Unless…………..!” Ali
• “Someone like us helps” Oliver B
• “It’s our job to look after the trees” Finn
• “We have to look after the environment!” Mikayla
• “Unless we don’t, it will look yucky and not good” Lachlan

We have also been busily getting our garden beds ready to plant and grow lots of yummy vegetables. The Rockets are fantastic gardeners and worked tirelessly filling their buckets with soil to empty into our new garden. The children have also begun to grow peas, sunflowers and corn. They have taken responsibility for watering their plants and ensuring they get enough sunlight.

Last week the Rockets, along with the rest of preschool and kindergarten, were lucky enough to have an excursion to the National Arboretum. Our day included playing on the amazing Pod playground, exploring the Himalayan cedar forest, painting at our outdoor art studio and having a shared picnic lunch. Much fun was had by all! A big thank you to our lovely helpers who volunteered on the day, it couldn’t have happened without you!

We’ve already learnt so much about the environment in just a few weeks. We can’t wait to share our learning and new discoveries throughout the term.

Sarah and The Rockets

Excursion/Camp Notes & Money Procedures

Notes and money for excursions/camps should be put in an envelope with your child’s name and class on it and sent into the class teacher before or on the due date. The correct money is needed as we do not carry change. Cheques can be made payable to Macgregor Primary School.

You can also pay at the front office via Eftpos or you are welcome to Direct Deposit into our school account:
Account name: Macgregor Primary School Management
BSB number: 032777
Account number: 001578
Please be sure to put your child’s name and what the payment is for as a reference.

*Permission notes must be sent in to the class teacher by the due date to allow time to finalise numbers for the booking. No late notes can be accepted.

1CR News

We are almost midway through term 2 and what a fantastic term we have had so far!

Year one has been very busy crafting narratives in English after exploring the beginning, middle and end of a good story. The children have begun writing their own stories which will eventually be shared with the pre-school children. The children are beginning to learn how to self-assess their work, making sure they have included an introduction and problems in their stories with a solution at the end. Children are continuing to progress with their home readers and it is fantastic to see the children’s enthusiasm for reading to their teachers.

In maths we have been focusing on graphs and time. After exploring what graphs are used for, the students generated their very own questions and constructed their own graphs. The variety of investigative questions were excellent ranging from favourite types of books to the colour of their family car! In our time unit we have been exploring how long a second, minute and an hour is and learning to read the time when it is o’clock or half past. We have enjoyed playing timed games where we make as many triangles as we can in a minute!

As part of our health unit we have been consolidating ways to be safe around medicines. We are also looking at some safe playing behaviours such as taking turns on the playground equipment and wearing our hats outside. Just a reminder that children wear their hats until the last day of May!

In physical education this term we have been learning simple skills such as throwing soft volley balls and balancing exercises. We have also started our exciting gross motor skills rotations on Thursday mornings. Students move through a series of activities building up their fundamental movement skills such as jumping, skipping, underarm throwing and ball skills.

Our technology unit involves students using the design make and appraise process, by designing shelters for a pet object and improving their design. Children have been eager to explore different materials to use and have shown enthusiasm for improving their elaborate design. We hope you enjoy our photos from the technology sessions.

From 1CR

Road Safety Alert!

As a community initiative, local Elders Real Estate Consultant, Mark Johnstone is providing Road Safety Stickers (30cm X 36cm) for placement on the side of your wheelie bin; a prominent message to drivers to ‘SLOW DOWN, KIDS AROUND’.

Each week on garbage collection day the message is made clear in our streets close to where our children walk and play.

To receive your free sticker, just call Mark direct on 0414 382 093 or email mark@eldersbelconen.com.au
What a fantastic start to the term. Year 3 students participated successfully in NAPLAN last week. Year 4 students completed their oral presentations on their animal reports. Did you know that spotted salamanders go through metamorphosis? It is great to see the enthusiasm in the students with their learning.

Students in year 3/4 have been learning all about weathering and erosion in Science. We have completed a number of experiments to develop our scientific understandings. We learned that wind erosion causes small dust particles to move from one place to another while leaving larger rocks in place. Students will now begin their Geography study with year 4 students expanding their knowledge of the world looking at the environments of Africa and South America and year 3 students looking at different cultures and routines of people within the Asian region.

At the beginning of the year every student received their book pack. Can parents please check if their child took any stationary home as many students are missing erasers and pencils. As the weather gets colder please make sure that students are dressed warmly and names are labelled as there is a box full of lost jumpers in lost property.

Camp notes went home at the beginning of the term. Camp is a great opportunity for students to develop some independence and form further positive relationships with their peers and teachers. The $50 deposit and permission notes are due tomorrow (Friday 23rd May). The athletics carnival is coming up next Friday 30th May. Permission notes and $5 for the bus are also due tomorrow.

Donna Lin, Willa McIntyre, Alison Hicks and Robert Venebles

**Chess Coaching**

Chess coaching for students at Macgregor Primary School in Term 2 has started! Chess club is held on **Mondays** from 3:10pm – 4:10pm in Chess Classroom No. 29. It is not too late to join and it is possible to pay a pro-rata fee if your child has missed the first lesson or two.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, please email enrol@sydneyacademyofchess.com.au for a copy of the enrolment form. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

**Australian School Climate Measurement Tool (ASCMT) survey**

This school is continually interested in gaining information that will assist in school planning and making decisions on an informed basis. To this end, the school in partnership with the Australian National University and the ACT of Education and Training Directorate is surveying staff, students and a selection of parents/carers. The aim is to gather information about the school’s social climate, day-to-day experiences, the strengths of the school, and the future challenges. This survey will take place this term (Term 2, 2014). Randomly selected families will receive a letter from the school with a link to the survey and students will complete the survey at school.

We hope to be able to discuss the findings of the survey with you at a future time and feel that gathering this information annually is important in ensuring the quality of the relational and wellbeing climate of the school for staff, students and parents/carers.

**4th Minister’s Student Congress**

On Friday 9th May our Principal, Lana Read and School Captains Liam Adams and Gabby Arelanno-Gerrard attended the 4th Minister’s Student Congress held at Gungahlin College.

The overall aim of the Congress was to give students a voice in their education and to provide their point of view directly to the Minister.

As part of the Congress students:

1. provide advice to the Minister on issues of interest and concern to students in their Networks.
2. discuss matters raised by the Minister and report back to the Minister through an Executive.
3. act as a reference group for major initiatives affecting ACT public schools.

This year’s congress theme was ‘Empowering young people to be leaders through understanding self, life choices and change’.

Mr Gray Poehnell, an internationally renowned career consultant, facilitated a number of workshops that supported the theme and encouraged student leaders to build their leadership skills through developing a greater understanding of themselves, reflecting on their life choices and considering how the changing world influences their career path.

The congress was a follow up from the National Day of Action Against Bullying conference held on 21 March at the Hedley Beare Centre for Teaching and Learning.

The conference was opened by Minister Joy Burch and was attended by Olympic Swimmer Alicia Coutts who reflected on her own bullying experiences throughout her childhood and as a professional athlete.

Our school captains, Liam Adams and Gabby Arelanno-Gerrard and Vice Captains, Imogen McDonald, Georgia Jones, Ethan Rose and Daniel Sim attended the event, working collaboratively with students from years 5 - 12 from across the ACT to address issues surrounding bullying.

Some of the issues included: What is bullying? How can we resolve bullying and how to support both the target and the instigators to help prevent future instances of bullying.
The Rockets go to the National Arboretum!

From our 3/4's

Happy snaps from 1CR
The first four weeks of this term have proven to be very busy in the sporting arena and I can tell you there is plenty more happening over the next few weeks as well, starting with an exciting walk safely to school event at our school tomorrow—read on below to find out all about it.

National Walk Safely to School Day
Tomorrow is the 15th National Walk Safely to School day—a free, annual, national event when all primary school children are encouraged to walk safely to school. The event is organised by the Pedestrian Council of Australia and seeks to promote road safety, health, public transport and the environment. On the day, parents and carers are asked to walk their primary school aged children all or part of the way to school. Last week our school was featured in an article in the Chronicle promoting the day and has also been asked to be the host school on the day. This means we will have Minister Joy Burch and Education and Training Directorate representatives visit our school to walk from a “part way point” with some of our students and staff and then to address our school community in assembly. All students are asked to make sure they wear their high vis vests they received from Constable Kenny during his visits last week — we are aiming to have 200 students wearing their vests to school on the day. A free fun app is also available for Apple/Android phones—search walk safely to school day to download.

High Vis Vest Initiative
Over the last two weeks and as a part of the Ride or Walk to School program, we have had Constable Kenny visit junior and senior assemblies to chat to students about a new initiative our school has been invited to participate in— the High Vis Vest Program. This program provides students with a yellow high vis vest to wear whenever they are walking, riding, scooting or skating to or from school as well as a personalised Macgregor map. Students were introduced to the program in assembly and were then treated to a thirty minute class session with Constable Kenny to discuss road safety and receive their very own yellow high vis vest and “part way is okay” map; a personalised local map that has been developed just for Macgregor Primary. The concept of “part way is okay” is a new initiative and encourages students who live too far away from school to walk the whole way, to be dropped by their parents/carers at pre-determined drop off points so that they can then walk the remainder of the way. These drop off points are clearly marked on the map and are within an easy 15 minute walk to school grounds. Parents/carers are encouraged to also walk with their child(ren). If your child did not receive their vest or map, please speak to your child’s teacher.

Athletics Fun Day
Our school athletics fun day is to be held next Friday 30 May. Students from preschool to year 1 will be participating in their very own fun athletics rotations at school while students in years 2-6 will travel to Charnwood Athletics Field to participate in track events, long jump and a variety of novelty events. Discus and shot put events will be conducted at school during lunch next week for students who turn/ have turned 10 years or older this year. A permission note detailing the athletics fun day was sent home with all students in years 2-6 two weeks ago. The due date for this note has been extended to next Tuesday 27 May as our year 5/6 students are on camp this week. No notes will be accepted after Tuesday due to bus bookings needing to be finalised. Parents/carers, family and friends are invited and encouraged to come along to either school or Charnwood (or both) on the day to join in with the fun — I challenge any or all of you to come to Charnwood and run the 800m with your child first up on the day! A special lunch has been organised by our awesome Tucka Box ladies and a note detailing this was sent home earlier this week. If you have any questions regarding the excursion please do not hesitate to contact me at school.

Belconnen Region Cross Country
Congratulations to our school cross country team who competed at the Belconnen Region Cross Country Carnival last Monday at Stromlo Park on an awesome Canberra Autumn day. The team of 31 runners displayed fantastic sportsmanship and support of one another throughout the carnival, superbly backed up by a large group of cheering parents, carers and grandparents. All students performed exceptionally well out on the track and I am sure many PBs were improved on. Special congratulations must go to Imogen M (1st), Chelsea M (2nd), Daniel S (6th) and Maddison G (8th) who all qualified in their age groups for the ACT Cross Country Carnival to be held later in the term. A big thanks to my pre-service teacher, Jason Murray, for assisting with managing the team on the day.

Have a fantastic weekend...
Glen Ridley
PE Teacher

End of May means HATS OFF for ALL Canberra schools.
TRIVIA ALERT! 9 August 2014 SAVE THE DATE!

MPS After School Care will host a TRIVIA EVENING in the school hall on Saturday August 9th, 7:30pm - 10:30pm, $10.00 per person.

Buy a NEW 2014 | 2015 Canberra Entertainment™ Book or handy Entertainment Digital (smartphone) Membership for your Mum this Mother’s Day, and for only $60 she’ll receive over $20,000 worth of valuable offers that can be used from now until 1 June 2015.

20% from every Entertainment™ Membership we sell contributes to new facilities for our school, so please encourage your family and friends to buy their Entertainment Membership through our fundraising page at https://www.entertainmentbook.com.au/orderbooks/23972y

Want to see this year’s Canberra offers for yourself? Check them out here: http://www.entertainmentbook.com.au/about/Tell-me-More/Canberra#FLICKBOOK

For enquiries or to arrange collection of your book please contact Alex Hunter via email: alex.in.2615@gmail.com or phone: 0417912295.
TUCKABOX

Nutrition Australia Canteen Expo

Last night I attended the Canteen Expo in Chifley where our canteen received an award for our team commitment in implementing the National Healthy Food Guidelines.

Our canteen has changed so much since I started work there a few years ago and the team in the canteen are very grateful to all our school families for their continued support.

Canteen Survey

Did you fill out our Canteen Survey? It was available on line and as a paper copy. This feedback from you will be invaluable in helping us be more effective in meeting the needs of the community.

Special Lunch

The Spaghetti Bolognaise was a lot more popular than the Chicken in a Hurry, a BIG Thanks goes to all our volunteers that helped on the day.

Apple Slinky Army

We need your help for our apple slinky army, if you can spare ½ hour or 1 hour to help with making the Apple Slinky’s please pop into the canteen.

Athletics Carnival

The Tuckabox is catering at the Athletics Carnival next Friday 30th May. Did you get your Recess and Lunch Pre-order note?

This recess and lunch order form is only for the students that are going to be at the Athletics Carnival which is Yrs 2 to 6. For Recess you get a pikelet and our new product which is the 100% fruit strap for $1.50. For Lunch you get a meat pie and a popper of your choice (ABC or Tropical) for $5.

You can order either recess or lunch or both. Please get your orders in ASAP.

100% Fruit Straps

Do you children like the fruit straps? They are made from 100% dried fruit and are on sale at lunch time for $1.

Hope to see you in the canteen.

Sheryl, Jayne and the Canteen Committee

6254 4141

The School Fete is coming!
Get involved!

22 November 2014

We are looking for small business owners and community groups to hold stalls, donate prizes and gift vouchers, and provide entertainment on the day.

Parents interested in helping prepare for the fete are also welcome to get in touch – after all, many hands make light work!

Please email macgregorfete@gmail.com for more information.

The P&C Fete Committee is looking forward to hearing from you.
By popular demand....... more snack ideas

It was wonderful to work with the Macgregor parents at last week's parent workshop, ‘Nutrition for Kids’. On the evening, one of the messages that came across was how difficult it can be to think of healthy, interesting recess snacks for children. So, this week I am focusing on just that. Last term the newsletter item covered how important it is to include healthy snacks at recess time, as fuel to keep children going until the more substantial lunch break. Recess need not be huge, but we want to make the most of what children are eating, to get as many nutrients into their bodies as we can. Important nutrients like protein, vitamins and minerals are vital for growth and brain development, so making sure children have foods full of nutrients whenever they eat is key. Foods that are loaded with important nutrients are also usually lower in energy (or kilojoules), so they help us to maintain a healthy body weight.

When making snacks a good rule is to combine at least two food groups (remember the food groups are, Breads and Cereals, Fruit, Vegetables, Meat and Meat Alternatives, Dairy and alternatives). Below are some ideas to combine the food groups to make a balanced snack;

- Low fat yoghurt with fruit swirled through
- Cheese scones (made with wholemeal flour)
- Mini sushi rolls
- Cheese and corn fritters
- Fruit bread, lightly spread with margarine
- Crackers and hommus
- Vegetable sticks and cream cheese
- Vegetable sticks and cream cheese
- Vegetable sticks and cream cheese
- Zucchini slice
- Corn cakes or rice cakes spread with hommus
- Melon balls with yoghurt

Sultana Sushi (makes two serves)

1 slice of thin wrap style bread, such as Mountain Bread
1/3 cup of lite cream cheese
¼ cup of sultanas

Spread the bread evenly with the cream cheese.
Sprinkle with sultanas
Roll bread and filling and wrap in plastic wrap. Refrigerate overnight, if possible.
Cut into 4 even sized ‘sushi’ rolls.

Adapted from taste.com.au

Jeanette Ryan
B Ed, Grad Dip Hum Nutr, Master of Nutrition and Dietetics, final year candidate.
New Car Park Approved...at last!

Yes, congratulations Macgregor community...after many years of lobbying, we are finally getting a new car park, to help relieve some of the traffic congestion around our school at pick up and drop off times. Many of you have been fighting for this for years and your persistence has paid off...well done!

The additional car park will provide approximately 25 spaces, and will be located on the Hirschfeld Cres side of the school, just near the bus stop area, and inside the fence line. Work will begin on the car park in July.

In the mean time, there is some upgrade work that needs to be done on our existing (front of school) car park, which will cause us some disruption over the last 5 weeks of this term. Once this work is completed, construction of the new car park will begin. I have placed a hand–drawn sketch of the traffic changes on this flyer. Please check it carefully, as we need everyone to understand the implications. Safety of your children during this time, depends on it.

Summary:
- From Monday 2 June, entry into the existing car park will be limited.
- Our current entry gate, Gate 1, will be marked as "No Entry". Staff parking only. Please do not use this gate.
- Gate 2, our current exit gate, will become an entry AND exit point, with traffic going in two directions. This will be clearly sign posted.
- There will be strictly NO PARKING in this area for the five weeks until end of term. It will be for pick up and set down ONLY.
- Please stick to left side of road at all times and under NO circumstances, park against any curb, for any length of time.

Traffic arrangements will return to normal from the start of term 3.

If you have any questions or concerns, please feel free to contact myself or Mr Shaddock personally. We will be patrolling the area each day to remind people of the new, temporary rules.

Thank you in advance, for your patience and understanding.

Lana Read
Principal
Macgregor Primary School
62057511
Public Education Week
Performances 2014

Centre Stage Belconnen Mall
Public Education Day
Thursday 22nd May 10.00am – 12.00pm

Showcase Day
Friday 23rd May 10.30am – 7.00pm
4.30pm Minister for Education Joy Burch MLA

We invite you to attend the performances at Centre Stage, Belconnen Mall held to showcase the excellent work in public schools and to celebrate Public Education Week, 2014.

Glenn Fowler
Secretary, AEU ACT Branch

Showcasing Excellence in Public Education